

November  
2015

## Preventing Diabetes Starts with Awareness

Almost 10% of the American population is affected by diabetes and more than 30% of Americans have pre-diabetes or are at risk for developing Type 2 diabetes. **November is American Diabetes Month**, a good time to boost your awareness of this prevalent disease:

- 1 in 4 people don't know they have diabetes
- Diabetes is the leading cause of kidney failure and new cases of blindness in working-age adults
- 1 in 5 healthcare dollars is spent caring for people with diabetes

# Work & Wellbeing

*From The Solutions Group*

## Kick the Smoking Habit Starting Nov. 19

Each year, the American Cancer Society holds the Great American Smokeout to encourage tobacco users to plan to quit, or plan in advance to quit that day. This year the Great American Smokeout falls on Thursday, November 19. If you or someone you care about is ready to quit, here are five keys to successful smoking cessation:



**1. Get ready.** Pick a quit day and put it on your calendar. Remove all cigarettes, ashtrays, matches and other smoking items from your home, office, and car. Make a list of all the reasons why you want (and need) to quit. Keep the list handy so you can read it when you get the urge to smoke. If having whiter teeth is one of your reasons, you might even want to consider getting your teeth cleaned.

**2. Get help.** People who use telephone services like 1-800-QUIT NOW (1-800-784-8669) improve their chances of quitting.

**3. Talk to your doctor about medications that can help.** Nicotine replacement products can greatly reduce your urge to smoke. Some nicotine patches, gum, lozenges and inhalation systems are available over the counter, while others require a prescription. Other non-nicotine medications for smokers who want to quit are also available.

**4. Forgive yourself if you slip up.** Most quitters try at least four times before they are finally successful. Relapses usually occur within the first three months after quitting.

**5. Learn new ways to deal with stress and withdrawal.** Most physical withdrawal symptoms go away within two weeks. When cravings are particularly strong, do anything that will change your focus of concentration.

*Find more helpful tips on quitting tobacco [here](#).*

*Sources: American Lung Association; Centers for Disease Control and Prevention*

### Additional Smoking Cessation Resources

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org);  
12-step program

[www.legacyforhealth.org](http://www.legacyforhealth.org)  
How to get support from other people

[www.lung.org](http://www.lung.org); American Lung Association  
"Freedom From Smoking"

[www.quitnownm.com](http://www.quitnownm.com)  
New Mexico Residents Free Quit Program

*Also, be sure to tell your family and friends  
you plan to quit and ask for encouragement.*

# Beyond PSL: Flavors to Savor this Fall

**PUMPKIN SPICE** lattes, pumpkin croutons, pumpkin marshmallows ...

*It seems like every food this season is pumpkin spiced, but there are so many more flavors to savor this season! Fall offers a bounty of delicious, versatile and healthy foods, including:*

**Apples** – packed with antioxidants and 4 grams of fiber per serving

**Pears** – 4 grams of fiber per serving and a good source of vitamin C

**Squash** – contains vitamin A and omega-3 fatty acids

**Sweet potatoes** – good source of iron and vitamin A

**Kiwi** – a good source of potassium and more vitamin C than an orange!



## Yard Work Workout

Skip the gym and hit the yard for some exercise this weekend. Fall chores burn lots of calories while making the outside of your home look nice and tidy. Here are average calories burned per hour in the yard:

- Raking and bagging leaves – 350-450
- Heavy yard work (like landscaping) – 400-600
- Gardening (weeding and planting) – 200-400

## Get in Balance

Did you know that you spend about one-third of your life at work? So if you're working on ways to approach your life more holistically, whether it's meditation or gratitude, it's important to integrate it into your life outside and *inside* work. [Here's](#) a great article on how to do that.



The  
Solutions  
Group

**Making Great Companies  
Better Places to Work**

*Work & Wellbeing* is a monthly publication for clients of The Solutions Group. For more information, please contact us:

**Phone:** 505.254.3555  
866.254.3555

1240 Pennsylvania NE  
Albuquerque, NM 87110

[www.solutionsbiz.com](http://www.solutionsbiz.com)